

Be **ACTIVE** Your Way VA!

2009 Champions' Challenge

March 29, 2009-June 20, 2009

Register Online: www.move.va.gov/challenge.asp



Goal: Complete **150 minutes** or more of moderate intensity physical activity for at least 8 out of 12 weeks during the challenge.

Earn milestone prizes along the way. All participants who complete the challenge will be eligible for entry into a national prize drawing sponsored by Veterans Canteen Service



VA is a proud supporter of the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans.